

**Inside**

*Training is key to fire department's success here.  
See story page 6-7*

# CROSSROADS

Vol. 10, No. 40 • October 7, 2005 | Lajes Field, Azores, Portugal | Ready to Fight and Win!



## A different kind of battle

*Sr. Fernando Correia focuses as he enters the dorms Monday with more than 80-pounds of gear during a fire exercise. He was performing search and rescue operations. (Photo by 1st Lt. Michael Hyland)*

### Volunteers

*Post office needs help  
with packages*

*Page 3*

### O-5

*Two here selected for  
promotion to Lt. Col.  
Page 4*

### Customer College

*Course teaches more  
than just manners*

*Page 5*

### Shipwreck

*Angra Bay houses  
sunken ships*

*Page 8*

### Fire prevention

*Week offers fun events  
and safety tips*

*Page 12*





# COMMENTARY

## Potential can be realized through performance

**By Chief Master Sgt.  
Trevor Henry  
65th Air Base Wing  
acting command chief**

For us to continue to grow professionally and individually, we must be willing to step out of our comfort zones to tackle tough challenges we may not have previously encountered and are very apprehensive to tackle.

Some of us are inclined to take the path of least resistance if given that option. However, the path that offers us the most challenges also offers us the most potential for growth and development. I would like to share one such story with you.

In 1982 I found myself in one of the most competitive environments I'd ever been exposed to at that point in my life. I was attending leadership school at Homestead Air Force Base, Fla., and had signed up to compete for the Drill Master Award. Let me set the scenario for you.

The criteria for signing up for this competition was that we had to successfully pass the Drill and Ceremonies portion of the course. And if we thought we were good enough, we could sign up for the competition. It turned out that twelve of us thought we were good enough and signed up to compete. And, as if the competition itself wasn't enough pressure for us to endure, the competition was being video recorded to use in future classes to enlighten students about the competition.

The scenario was pressurized even further when I discovered I was selected to be the last competitor; my peers had selected me as one of the favorites to win this competition. With the scenario now fully set, let's get to the competition.

I watched in awe and astonishment

as each of my classmates, one after the other, formed up their elements, marched and halted them centered on the commandant with snap and precision. The elements were then given the command "present arms" as each competitor saluted and reported-in for the competition to the commandant.

It was then off to the drill pad to perform the required maneuvers within the allowed boundaries. As I watched each competitor perform, it became evident to me that each of my classmates had reserved their best performances for this competition. They seemed to be nailing all the required drill maneuvers with accuracy. If they were losing any points to discrepancies, I was too tense to notice.

Finally all eleven of my competitors completed their performances. It was now my turn.

How would I perform under such enormous pressure? Did I have what it takes to overcome the steep odds? These were some of the questions that raced through my mind as I aligned my element in preparation for my performance.

I was confident I had the potential to overcome the steep odds in this scenario, but potential alone wasn't going to get the job done. I was going to have to realize my potential through the performance of my life. Also, I could not afford to let my nerves impair my ability to perform at this critical moment. So, I took a deep breath, reached deep inside of me for whatever inspiration I could muster and then went for the gusto.

I got immediate confirmation that I was off to a great start as I reported-in to the commandant for the competition. He seemed to have been awe struck as he returned my salute. He had an expression on his face that indicated he realized and appreciated I was on a

very special mission. I must admit that I had pleasure seeing him with that expression and in that posture. I continued on to the drill pad mentally shutting out all spectators and video cameras, focusing solely on the task at hand. Although I felt I turned in a great performance that day, a question lingered in my mind, "was my performance good enough to overcome the odds?"

I wouldn't know the answer to that question until two days later at the graduation banquet. Each of us has the potential to propel ourselves to achieve excellence. For each of us greater achievements comes in various forms and degrees. For some it might be as simple as achieving a personal best in

See **PERFORMANCE** page 3

### Commander's Line

**Call 2-4240 or  
e-mail**

**[actionline@lajes.af.mil](mailto:actionline@lajes.af.mil)**

The Commander's Line is your direct link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution.

Your chain of command should always be your first option for praise or problems -- but when that's not the answer, call or e-mail the CC Line.

**Col. Robert Winston  
65th Air Base Wing  
commander**



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# COMMENTARY

## Volunteers needed at Post Office

By 2nd Lt. Ivan Brown  
65th Communications Squadron

Being stationed at a small location like Lajes Field is not always easy. My coworkers help improve the situation, but being away from home, family or friends back in the states can be rough. While this is true, something that brightens up a difficult day can be as simple as going to the Post Office and finding something other than a bill in the box.

Usually, all that comes out of my receptacle is an echo of my thoughts on seeing an empty mailbox staring me down.

But occasionally the story is different. When I find a yellow slip of paper indicating that I have a package waiting for me to claim, I get pretty excited when I didn't have to order something online first.

What brings that little yellow slip of paper to your mailbox is almost like magic.

The hardworking postal employees are behind the scenes working hard to process the pallets of mail that come in on various flights to the island. Gradually, as the holiday season creeps up on us, the size of each load of mail increases.

In fact, the other day I figured out that Santa is a big customer of the Post Office, especially at a small location like Lajes Field. I guess even he and his magic reindeer are feeling the crunch of higher gas prices.

If you would like to help be part of the magic that helps little yellow package slips appear in someone's mailbox, we would love to have you show up as a volunteer. Anyone on the



*Senior Airman Jessica Fiebig, postal clerk, marks a Postal Service Form 3907 (the yellow card signifying customers have a package) to put in a customer's box. A card is filled out for each package that arrives at Lajes. The post office is looking for volunteers to help sort packages. For more information, call 2-3625. (Photo by Staff Sgt. Christin Michaud)*

base, military included, are welcome to spend time helping behind the scenes. If your supervisor allows it, volunteering at the Post Office is a valid alternate duty location.

Now you may be wondering when, where and how. The busiest days for the Post Office are Monday, Thursday and Saturday. The Post Office gets pallets worth of boxes into the delivery area at 10 a.m. each day and doesn't stop handing out online ordered happiness until 5:30 p.m.

If you want to stay busy after high

school gets out, anybody age 16 or older can come and help. If that 14-year old of yours is trying to earn that community service badge, then contact the Post Master and we'll see what we can do to let them come on in as well.

Since the Post Office has a large impact on everyone here at Lajes Field, you know that your service will be appreciated by many of your fellow service men and women.

For more information on how you can help, call the Post Office at 2-3625, or just stop by.

## PERFORMANCE from page 2

an activity we thought we weren't very good at doing.

Whether it is conquering a challenging task, passing a college course, completing upgrade training, giving a speech, directing a challenging project, or just making it through basic military training, we all have the potential to achieve our goals if we set our minds to it.

All that's required is for us to first believe in ourselves,

step out of our comfort zone, take a deep breath, reach deep inside of ourselves for all the inspiration we can muster, and then go for the gusto.

My moment of truth came during the graduation banquet when all the competitors for the Drill Master Award were standing in acknowledgment to their names being called. Then finally the announcement -

and, the winner of the Drill Master Award is ... Staff Sgt. Trevor Henry!

Although I've won several awards throughout my career, this award has been particularly a source of inspiration for me. It represents the possibilities in spite of the difficulties. It also represents a decision to take a challenging path instead of the path of least resistance which would have

been choosing to not enter the competition. Whenever I find myself faced with any difficult scenarios, or faced with steep odds, I always reflect on the drill competition for a jolt of inspiration.

We all have the potential to engineer our moments of truth. All we have to do is realize our potential through outstanding performance. I look forward to hearing about your moment of truth.





## Everyday Hero

**Staff Sgt.**

**Jose Manjarrez**



**Organization:** 729th Air Mobility Squadron

**Duty title:** Tool custodian

**Job description:** Maintain and issue tools and test equipment required for aircraft repairs. Manage land mobile radio and hazardous material accounts for the 729th AMS.

**Hometown:** Lakehurst, N.J.

**Time in the Air Force:** 11 years, 10 months

**Spouse/children:** Wife, Michelle; Daughter, Alaura

**What's the best aspect of your job?** Learning about the different types of equipment used in maintaining aircraft

**What are your career goals?** Serve the Air Force to the best of my abilities.

**Best military experience:** Setting up the first Maintenance Ops Control Center in Baghdad

**Life goal:** Live a long and successful life

**One word to describe you:** Determined

**Hobbies:** Cycling, automotive restoration

**Favorite food:** Tamales

**Favorite color:** Blue

**Pet peeve:** Recognition programs

**No one knows:** I tried out for the NY Giants as a walk-on in 1990

**When I was growing up, I wanted to be:** a pro football player

**The first thing I would do if I won \$1,000,000 is:** Separate from the military to start my own automotive restoration business

## Two selected for O-5

**RANDOLPH AIR FORCE BASE, Texas** — Air Force officials selected 1,371 majors for promotion out of 7,439 considered by the lieutenant colonel line, biomedical sciences corps and nurse corps boards.

Maj. Julie Harmon, 65th Mission Support Squadron commander and Maj. Robert Hoff, 65th Logistics Readiness Squadron commander were two of the majors selected for promotion.

The results and selection statistics are as follows:

**In-the-promotion zone:**

— 1,073 line officers were selected from 1,454 considered for a 73.8-percent selection rate.

— 50 biomedical service corps officers were selected from 93 considered for a 53.8-percent selection rate.

— 60 nurse corps officers were selected from 122 considered for a 49.2-percent selection rate.

**Above-the-promotion zone:**

— 40 line officers were selected from 2,045 considered for a 2-percent selection rate.

— Five biomedical service corps officers were selected from 107 considered for a 4.7-percent selection rate.

— Seven nurse corps officers were selected from 177 considered for a 4-percent selection rate.

**Below-the-promotion zone:**

— 123 line officers were selected from 3,081 considered for a 4-percent selection rate.

— Six biomedical service corps officers were selected from 148 considered for a 4.1-percent selection rate.

— Seven nurse corps officers were selected from 212 considered for a 3.3-percent selection rate.

The list is posted at [www.afpc.randolph.af.mil/offprom](http://www.afpc.randolph.af.mil/offprom). (Courtesy of AFPC News Service)

## Sun outages may affect AFN service

Viewers and listeners of the American Forces Network may experience brief programming interruptions from now through Oct. 15, as the fall "sun outage" period occurs. These seasonal outages, which take place each spring and fall, affect all satellite communications including the AFN radio and television services distributed by the AFN Broadcast Center from the Defense Media Center at Riverside, California.

Sun outage-related programming interruptions are characterized by a complete loss of signal for as much as several

minutes. The interruptions occur when the sun's position aligns with broadcast satellites and Earth-station receivers. The sun's radiation overpowers the broadcast signal causing this disruption of service.

The effect of sun outages on satellite-delivered programming received by the DMC will be minimal because alternate satellite feeds of incoming programming can be used to avoid sun outages. However, worldwide AFN affiliates may experience more significant disruption due to their reliance on a single satellite feed of the AFN services. (Courtesy of AFN)

## Annular eclipse

*The annular eclipse was seen here from Praia da Vatoria Monday at 8:41 a.m. It lasted just over four minutes. An annular eclipse differs from a total eclipse in that the Moon appears too small to completely cover the Sun. (Photo by James O'Rear)*



# Customer College:

## Course teaches more than just the basics

**By Staff Sgt. Christin Michaud  
65th ABW Public Affairs**

One of the Combat and Special Interest Programs here focuses on customer service.

"Customer College is a program designed to deliver the training, resources, tools and initial skills required for customer service professionals to provide comprehensive care that exceeds customer expectations," said Michelle Heck, 65th Services Squadron Customer College education and training specialist.

"The program's objective is to help foster an atmosphere of dedication to helping others and a culture of excellent service and personal and organizational pride," she said.

There are two courses offered at Customer College – Phase I is for front line customer service providers and their supervisors. Phase II is intended for customer service supervisors. Enlisted, officers, American and Portuguese civilians and supervisors are all invited and can all benefit from this program.

The Phase I, referred to as the Bachelor's Class, is a four-day course.

"The focus for this class is exceptional service, attitude, communication and teamwork," Mrs. Heck said.

The topics for the Bachelor Class include personal initiative, effective listening, written communication, first impressions, establishing rapport, personalities and how to effectively handle difficult customers.

"Initially, I thought 'what a waste of time to do four days of customer college,'" said Tech. Sgt. Sandra Nunes, Pharmacy Services NCOIC, who just graduated from the Bachelor's class last week.

Her opinion changed after completing the course.

"This program turned out to be very beneficial to me," she said. "The biggest thing that I was made aware of is trying to be in the customer's shoes. Often, we treat our customers depending on how you're feeling that day, instead of stopping to think of how the customer may be feeling."

One of the things Sergeant Nunes said she would take back from the Bachelor's Class and incorporate in her workplace

is to treat every customer as if he or she is the first customer of the day.

"This program is very important, especially in a small location like Lajes," she explained. "Everyone knows everyone and news spreads like wildfire. If someone has a bad experience in a certain section on base, that 'bad experience' will be around the whole base in two seconds. Inevitably, your personal opinion will now be what other people think of your section too — all from word of mouth."

Customer College uses the bachelor's course to educate people who work in customer service about first impressions.

Communication was another key element in the course.

"I think the highlight was when the students had to sit back to back and describe a picture while the other described what was drawn," said Brenda New, 65th SVS, Human Resources officer. "That's much harder than it sounds and shows us our communication skills or lack of them."

While the Bachelor's Class is primarily for people in customer service, the Phase II portion is a one-day Master's Class for base leadership.

"It focuses on leadership in a customer service organization, creating a service culture, innovation and creativity and communication," Mrs. Heck said.

The Bachelor's class is offered twice a month and the Master's Class each month.

These classes have been offered at Lajes for close to two years and has graduated more than 635 students.

"One of Lajes' biggest missions is taking care of the transients that pass through our base everyday," Mrs. Heck

explained. "In addition to them, Lajes also focuses their attention on providing a better quality of life here for all of our military personnel, family members, Department of Defense Dependents School personnel and of course our local national hosts."

"I think this program is important not only for improved customer service but it also brings together people from all different squadrons, so you get an insight into many different areas of the base and the lowdown on how well they are really functioning," said Ms. New. "The training the students take back to their place of work is beneficial."

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**"This program is very important, especially in a small location like Lajes. Everyone knows everyone and news spreads like wildfire. If someone has a bad experience in a certain section on base, that 'bad experience' will be around the whole base in two seconds. Inevitably, your personal opinion will now be what other people think of your section too — all from word of mouth."**

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**--Tech. Sgt. Sandra Nunes**

Lajes personnel are learning how to be better prepared to provide the best customer service possible.

"Customer College training helps make that happen – its training to better take care of the people around us," she said.

The following individuals graduated from the Sept. 27 to 30 Customer College Bachelor's class:

Staff Sgt. Sarah Meyer, 65th Comptroller Squadron – distinguished graduate; Airman 1st Class Tonya Espinoza, 65th Civil Engineer Squadron; Senior Airman Cheri Longenecker, 65th Communications Squadron; Senior Airman Christopher Carr, 65th CS; Tech. Sgt. Sandra Nunes, 65th Medical Support Squadron; Brenda New, 65th Services Squadron; Sandra Vieira Defense Commissary Agency; Senior Airman John Songco, 65th Logistics Readiness Squadron; Senior Airman Robert Kier, 65th Operations Support Squadron; Senior Airman Charles Holiness, 65th CS; Staff Sgt. Nelson Almeida, 65th CS; and Cari Hall, 65th SVS.



# Training key to Lajes Field fire

**Story and photos by  
1st Lt. Michael Hyland  
65th ABW Public Affairs**

Smoke pours out of every visible window in a three-story dormitory. The orange and red flames fly up the building's walls like the concrete was doused in gasoline. A group of people frantically run from the burning structure, tripping, screaming and crying.

The smoldering heat the inferno radiates isn't what's making you sweat profusely, and neither is the tropical humidity or 90 degree-temperature; it's the 80 pounds of gear strapped to your body.

You don't notice the gallon of water weight pouring into your layers of clothing underneath though.

Instead you're completely focused on the search pattern you're going to take once you hit the entrance of that flame-engulfed death trap. Focus is vital during the next few moments, because while everyone else is breaking Olympic track records on their way out of the building, you're going in.

Physical conditioning plays a big part in your success right now. The limited oxygen you can consume through your tank, the three flights of stairs your sprinting up and the added gravity from

your gear would stop you in a heartbeat if you skipped those extra gym sessions. But what leads you to the passed out child or to the root of the fire can't be attained through squats and pushups. Your training determines success at this point. And as a Lajes fire fighter, you train every day.

The Lajes Fire Department is always preparing for an emergency. According to Master Sgt. Rich Patton, assistant chief of operations, a shift team will spend the morning in the classroom learning techniques and go to apply those techniques in the afternoon with a structural, aircraft or hazardous material exercise.

"I love the hands on exercises," he said. "It really gets your blood pumping."

The Fire Department played a structure fire exercise Monday at a Lajes Field dormitory.

Airman 1st Class Mitchell Kuykendall, a member of a rapid intervention team practicing inside the dorm, said fire responders have to maintain focus to be successful.

"Everything's happening so fast you have to keep calm so you can find people in the smoke," he said. "Lifting those hoses, and breathing the limited air through the oxygen mask can be a real work-

out, so maintaining concentration is important."

Sr. Tiberio Simoes the driver in a search and rescue team said, "You have to be physically and mentally prepared. Training is very stressful, but necessary. If you go into an emergency, but don't know what you're doing, you're in trouble."

During training and emergencies, firefighters use the wingman system to operate.

Firefighters work in teams when entering a fire. "A firefighter never goes in by himself," said Sr. Fernando Correia, a search and rescue team crew chief. "Two people go in, two come out."

Staff Sgt. Justin Curtis, also a search and rescue team crew chief, said when a team enters a burning structure, they pick a search pattern and look for victims as well as elements of the fire.

"We're looking for victims in the facility, the color of smoke — elements you can pass onto command to help you in the situation," he said.

Sergeant Curtis said the color of smoke will give clues to the type of fire they are battling. He said black smoke usually results from tires, white smoke from paper and purple smoke from hazardous materials.

In deployed locations such

as Iraq, much more variables come into play.

"You don't know what you're going to run into," Sergeant Curtis said. "Bullets are going off in the fire, you might run into grenades — there's a whole new element of danger."

The fire team rolled up their hoses and took the engine back to the station for an exercise debrief at the conclusion of the dormitory scenario. They'd respond for another exercise next shift.

The Lajes Fire Department is composed of 83 individuals, with 56 Portuguese nationals and 27 active-duty military. The Lajes FD mission is to provide structural, aircraft and hazardous material first response fire protection for the base.

The Lajes FD has played a major role in responding to several commercial and aircraft in-flight medical emer-

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## e department's success

es, including a near mid-  
ollision last year that  
ed the FD with Portuguese  
ase 4 responders.

olks traveling the Atlan-  
e happy to know we're  
" said Lajes FD Chief,  
or Master Sgt. Todd Katz.  
the only fire department  
jes Field, Sergeant Katz  
his team has a great rela-  
ip with Air Base 4.

"We're here for them," he  
"We provide fire protec-  
for their facilities, hous-  
and aircraft, and they pro-  
us with expedient train-  
oordination. We have a  
good partnership."

Portuguese nationals are  
ered with active-duty  
ry within the department  
ll. Sergeant Katz said the  
experienced Portuguese  
de excellent mentorship  
s young troops.

he civilian workforce has  
of experience. I rely on

them to teach my young mili-  
tary," he said. "In 2005, I had  
10 troops right out of tech.  
school and with this being a  
15-month assignment, it's a  
real challenge to get them up  
to speed. The civilians proved  
invaluable in that task."

Sergeant Katz said the  
Lajes FD is constantly improv-  
ing and he's very proud of the  
department's operations.

"The base community is  
our customer and we're out  
there improving for them ev-  
eryday," he said. "During the  
Unit Compliant Inspection it  
was noted that during all five  
contingency exercises, the fire  
department was flawless."

The Lajes FD also served  
the local community last Au-  
gust when it assisted the vol-  
unteer Praia Fire Department  
in battling a fire on Santa Rita  
Hill. The Lajes FD provided  
additional manpower and  
water to fight the blaze.



*Above: Sr. Marco Rosa searches a Lajes Field dormitory for victims during a structural fire exercise Monday. Firefighters always work in teams of two when performing search and rescue operations. Sr. Rosa's partner is behind him. The fire axe he's carrying is used for forcible entry. Firefighting gear typically weighs around 80 pounds.*

*Center Left: Sr. Rosa winds up a hose at the conclusion of Monday's structure fire exercise. Firefighters typically run at least one exercise scenario each shift.*

*Left: Sr. Jose Cardoso communicates with firefighters in the dormitory during Monday's exercise.*

*Far Left: The firefighters rely on the resources their trucks have. Crewmembers receive training on each of the trucks and are assigned to one for each shift.*



## Shipwrecks part of island history

### Question:

I've heard there are some shipwrecks in the Angra Bay. Are those ships from the Spanish Armada that were sunk when the Spanish were on the island?

### Answer:

According to Portuguese historians, hundreds of shipwrecks occurred in the Azorean waters between the 15<sup>th</sup> and 20<sup>th</sup> centuries and made the Azores a sanctuary of the cultural underwater heritage.

The Azores and Angra bay

in particular, were a stopping point for most of the Portuguese ships returning from the Americas, Africa and India, which were heading to Europe and carrying spices and riches.

Many of those ships shipwrecked in Angra bay due to the storms blowing from the south.

Today more than 90 ships have shipwrecked in the Angra bay alone, but their nationality has not been assessed with precision, although it's possible that

some of those ships were Spanish.

Some of these shipwrecks have been moved from their original location to a nearby location in the Angra bay due to the construction of the marina's breakwater in 1998.

Last year, a local underwater expedition sponsored by the Regional of Government of the Azores took place with the help of a miniature submarine. The expedition found

## Ask Ed



By Eduardo Lima  
Community Relations Advisor  
Call him at 2-3413 or e-mail  
eduardo.lima@lajes.af.mil

and documented several anchors, a new shipwreck as well as other artifacts.



## Playtime

Left: Nicholas Herring, son of Kerri and Master Sgt. Rick Herring, 65th Operations Support Squadron, zips across the Youth Center gymnasium at the weekly playgroup for kids up to 5 years old. Top: Tyler Bickham, son of Michelle and Naval Lt. Jared Bickham, resident officer in charge of construction, makes a lion's roar at the Tuesday morning play group at the Youth Center. Above: Tyler blows a spit bubble for Emmalea O'Rear, daughter of James and Maj. Jill O'Rear, 65th Medical Group. (Photos by James O'Rear)



## Fitness center notes:

### Family work-out time changes at annex

The Annex Family hours have changed from 1:30 to 3:30 p.m. to 9 to 11 a.m.

The annex offers a play area for parents to bring their children while they work out on the cardio equipment.

This change was implemented at the request of users once school was back in session.

For more information, call the fitness center at 2-5151.

### New contract means new group fitness classes

A new contract was awarded for aerobic instructors for group fitness classes. As a result, more classes are being offered for Team Lajes.

All classes will be held at the fitness center annex until further notice due to the fitness center renovations.

The following is the new schedule:

#### Monday

8:30 a.m. -- Step with Celia

Noon -- Spin with Tina

4:15 p.m. -- Cardio Mix with Manuela

5:15 p.m. -- Aero Kombat with Celia

6:15 p.m. -- Spin with Celia

#### Tuesday

6 a.m. -- Spin with Dawn

8:30 a.m. -- Circuit Training with Celia

5:15 p.m. -- Circuit Training with Rui

6:15 p.m. -- Spin with Rui

#### Wednesday

8:30 a.m. -- Step with Celia

Noon -- Spin with Tina

4:15 p.m. -- Cardio Mix with Manuela

5:15 p.m. -- Step with Manuela

6:15 p.m. -- Spin with Georgina

#### Thursday

6 a.m. -- Spin with Dawn

8:30 a.m. -- Circuit Training with Celia

5:15 p.m. -- Body Sculpting with Manuela

6:15 p.m. -- Spin with Manuela

#### Friday

8:30 a.m. -- Spin with Celia

Noon -- Spin with Tina

4:15 p.m. -- Cardio Mix with Manuela

5:15 p.m. -- Step with Celia

6:15 p.m. -- Spin with Celia

#### Saturday

10 a.m. -- Spin with Celia

11 a.m. -- Circuit Training/Stretching with Rui

## Intramural Sports Standings

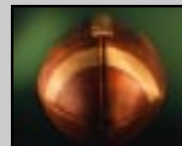
### Bowling

COMM #1	14-2	SMAC	8-8
OSI	14-2	MSG	8-8
CES #1	11-5	POL	8-8
COMM Ladies	10-6	COMM #3	8-8
LRS Singles	10-6	CES #3	8-8
OSS #1	10-6	MDOS	6-12
AMS #1	8-8	MDSS	6-10
CES #2	8-8	OSS #2	6-10
		COMM #2	5-11
		SVS	4-12
		CONS	4-12
		AMS #2	4-12



### Flag Football

CES	5-0
AMS	3-2
MED GP	3-2
COMM	3-2
SFS	2-3
LRS	2-4
OSS	0-5



## ARMCHAIR QUARTERBACK CHALLENGE

Each week during football season, the Crossroads publishes a list of the National Football League games of the week for Team Lajes to predict. The person with the most correct picks will win free movie passes (admit two), \$3 off any Burger King purchase and a "rent-one-get-one free" at the Shoppette donated by AAFES.

The number one-ranked Armchair Q.B. each week will get his or her name and photo published in the Crossroads and we'll also print any smack talk the winner chooses to submit. Congratulations to week four's winner, **July Dent** - she only missed two. Now for the losers -- This week's "You Don't Know Jack" award goes to **Dianna Brown and Gabriel Garza** who each missed nine -- that seem's to be the losing number. I guess they have the same bad taste in losing teams.

Bring picks to the Public Affairs office in room 240 of Bldg. T-100 or e-mail them to [lajesnews@lajes.af.mil](mailto:lajesnews@lajes.af.mil). All entries must be submitted before the opening kickoff to the first game Sunday. In the case of a tie, a winner will be decided by who picks the closest combined score of the Monday Night game.

*"I'll take the picture, but not the credit. Thanks Jason Sharpe!"*

-July Dent



<input type="checkbox"/>	Baltimore Ravens vs. Detroit Lions	<input type="checkbox"/>
<input type="checkbox"/>	Miami Dolphins vs. Buffalo Bills	<input type="checkbox"/>
<input type="checkbox"/>	New Orleans Saints vs. Green Bay Packers	<input type="checkbox"/>
<input type="checkbox"/>	Tampa Bay Buccaneers vs. New York Jets	<input type="checkbox"/>
<input type="checkbox"/>	Chicago Bears vs. Cleveland Browns	<input type="checkbox"/>
<input type="checkbox"/>	New England Patriots vs. Atlanta Falcons	<input type="checkbox"/>
<input type="checkbox"/>	Seattle Seahawks vs. St. Louis Rams	<input type="checkbox"/>
<input type="checkbox"/>	Tennessee Titans vs. Houston Texans	<input type="checkbox"/>
<input type="checkbox"/>	Indianapolis Colts vs. San Francisco 49ers	<input type="checkbox"/>
<input type="checkbox"/>	Philadelphia Eagles vs. Dallas Cowboys	<input type="checkbox"/>
<input type="checkbox"/>	Carolina Panthers vs. Arizona Cardinals	<input type="checkbox"/>
<input type="checkbox"/>	Washington Redskins vs. Denver Broncos	<input type="checkbox"/>
<input type="checkbox"/>	Cincinnati Bengals vs. Jacksonville Jaguars	<input type="checkbox"/>
<input type="checkbox"/>	Pittsburgh Steelers vs. San Diego Chargers	<input type="checkbox"/>

Total Points for Monday's Game: \_\_\_\_\_



# PLANNER

## Meal time

**Burger King:** 7 a.m.-9 p.m. Sun.-Thu.; 8 a.m.-10 p.m. Fri., Sat.

**Frank's Franks:** 11 a.m.-6 p.m., Tues.-Sat.

**Oceanview Island Grill:** Mon.-Sun. 11 a.m. to 11 p.m.

The Oceanview Island Grill is offering fast food service for military members from 11:30 a.m. to 1 p.m. Mon.-Fri. The specials are Lasagna and fries, roast chicken and fries or pork ribs and fries for \$5.25. Call orders in to 2-3387. Pick up and go orders can be picked up at cashier number one. Meals will be ready in 10 minutes or customers will receive a refund.

Weekly Specials include fries or salad & drink: Mon., roasted chicken or meatball sandwich; Tue., 16" 2-topping pizza; Wed., fried shrimp; Thu., 16" 1-topping pizza or taco salad; Fri., lasagna. Pizza specials only come with drinks.

**Subway:** 10 a.m.-9 p.m. Mon.-Fri.; 10 a.m.-8 p.m. Sat.; noon-6 p.m. Sun.

**Top of the Rock Club:** The TORC is currently closed for lunch to prepare for the new contract. The following menu will be

served in the main lounge from 4 to 10:30 p.m. Saturday through Oct. 15: Hot wings, chicken crispy grilled salad, fries, onion rings, cheese sticks, grilled chicken sandwich with fries, Philly cheese steak and fries and the Phoenix Island burger. Pizza will be sold by the slice.

## Chapel

**Daily Mass:** 11:30 a.m. Monday through Thursday

### Monday

Protestant women's spiritual fitness training, 7 p.m.

### Tuesday

AWANA 6 p.m.

### Wednesday

Women's bible study, 9:30 a.m. and noon; men's spiritual fitness training/lunch, noon; Catholic choir practice 5 p.m.; traditional choir practice 6 p.m.; hand bell choir practice 7 p.m.; men's bible study, 7 p.m.

### Thursday

Gospel choir practice 7 p.m.

### Sunday

Celebration of Holy Communion 8:30 a.m.; Protestant traditional service 9 a.m.; Confes-

sions, Sunday at 9:30 a.m. or by appointment. Catholic Mass 10:30 a.m.; Gospel service, noon; Protestant teens/youth 6 p.m.

## Base services

**Barber shop:** 8:30 a.m.-6 p.m. Mon.-Fri.; 8 a.m.-4:30 p.m. Sat., 2-3396

**Beauty shop:** 10 a.m.-6 p.m. Tue.-Sat., 2-4124

**Child development center:** 7 a.m.-5:30 p.m. Mon.-Fri., 2-3188

**Community activities center:** 10 a.m.-8 p.m. Tue.-Sat.; noon-5 p.m. Sun., 2-4135

**Commissary:** 10 a.m.-6 p.m. Mon.-Wed., Fri., Sat.; 10 a.m.-7 p.m. Thu., 2-6174

**Chace Fitness Center:** 5 a.m.-midnight Mon.-Fri.; 8 a.m.-7 p.m. Sat., Sun., 2-5151

**Dry cleaners:** 9 a.m.-1 p.m. Mon.; 10 a.m.-6 p.m. Tue.-Fri.; 10 a.m.-4 p.m. Sat., 2-3630

**Flight View BX:** 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun. & Portuguese holidays, 2-5236

**Gas station:** 10 a.m.-5 p.m. Sun., Mon. (gas only); 10 a.m.-6

p.m. Tue.-Sat., 2-5125

**Library:** 4-9 p.m. Mon.; 10 a.m.-9 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri.; 10 a.m.-5 p.m. Sat., Sun., 2-3688

**Manicure shop:** 10 a.m.-6 p.m. Tue.-Sat., 2-2493

**New Car Sales:** 10 a.m.-6 p.m. Tue.-Wed.; noon-8 p.m. Thu.-Sat., 2-3173

**Ocean Front BX:** 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun., 2-3444

**Outdoor recreation:** 10 a.m.-7 p.m. Tue.-Sat.; 11 a.m.-7 p.m. Sun., 2-4140

**PFCU:** 11 a.m.-4 p.m. Mon.-Thu.; 11 a.m.-5 p.m. Fri., 295-543-681

**Shoppette:** 9 a.m.-11 p.m. Mon.-Sat.; 10 a.m.-8 p.m. Sun., 2-3280

**Skills development center:** noon-8 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri., Sat., 2-5255 or 295-575-255

**Thrift shop:** 10 a.m. to 2 p.m. Mon., Wed. and Fri. and the 3rd Sat. of the month. 2-3567 or 295-573-567

**Vet clinic:** 9 a.m.-3 p.m. Mon.-Fri.; 1-7 p.m. 1st, 3rd Wed., 2-3134 or 295-573-134

## AFN Sports

[myafn.net](http://myafn.net)

### Friday

#### AFN-Atlantic

NHL: Pittsburgh Penguins @ Carolina Hurricanes, 11 p.m.

#### AFN-Sports

NHL: Detroit Red Wings @ St. Louis Blues, 5 p.m.

MLB: Chicago White Sox @ Boston Red Sox, 8 p.m.

### Saturday

#### AFN-Sports

College Football: Oklahoma @ Texas, 5 p.m.

#### AFN-Pacific

College Football: Air Force @ Navy, 5:30 p.m.

College Football: Georgia @ Tennessee, 8:30 p.m.

### Sunday

#### AFN-Atlantic

College Football: California @ UCLA, 11 a.m.

NFL: New England Patriots @ Atlanta Falcons, 5 p.m.

NFL: Philadelphia Eagles @ Dallas Cowboys, 8 p.m.

#### AFN-Pacific

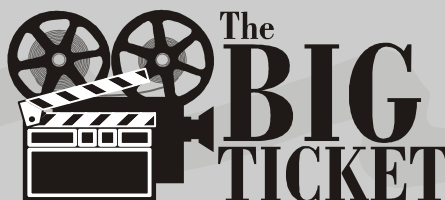
NFL: Seattle Seahawks @ St. Louis Rams, 5 p.m.

NFL: Washington Redskins @ Denver Broncos, 8 p.m.

#### AFN-Sports

NASCAR: Nextel Cup Series: Banquet 400, Kansas Speedway

NFL: Indianapolis Colts @ San Francisco 49ers, 10 p.m.



**Today: 7 p.m. "Valiant,"** rated G.

A comedy-adventure tale of a brave-but-undersized pigeon named Valiant, who dreams of joining the elite Royal Homing Pigeon Service, and serving crown and country during World War II. Despite his small stature, Valiant's ambitions are enormous as he keeps a stiff upper beak and endures rigorous training in preparation for a dangerous mission to deliver vital messages to troops behind enemy lines. With a shortage of wingpower in the royal fleet due to increased attacks by a brigade of vicious enemy falcons, the mission falls to Valiant and the unlikely heroes of "Squad F" to try and save the day. With a wing and a prayer, Valiant and his fine feathered pals fly into harm's way

and prove that it's not the size of the wingspan that counts, but the size of the spirit.

**Saturday: 7 p.m., "Four Brothers,"** rated R.

Four adopted brothers come together to bury the woman who raised them. At the funeral, the brothers discover that their mother may have been murdered and they want revenge.

**Sunday: 2 p.m. Valiant; 7 p.m. "Four Brothers"**  
**Wednesday: 7 p.m., "Valiant"**

**Thursday: 7 p.m., "Four Brothers"**

**Note:** Movies and times shown are subject to change. For details, call 2-4100/295-57-4100 or visit [www.aafes.com](http://www.aafes.com).



# EVENTS

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to [news@lajes.af.mil](mailto:news@lajes.af.mil). For on-base numbers, dial 295-57 and the last four digits.

## Street bullfights

**Saturday:** 4:30 p.m., Lajes

## Base events

**Photo Club:** The Lajes Field Photo Club will hold their monthly meeting 6:30 p.m., Tuesday at the Family Support Center. Membership is open to all who have a love of photography. This month's topic will be favorite spots around the island for various types of photography.

For more information contact James O'Rear by e-mail at [james@jamesorear.com](mailto:james@jamesorear.com), call 295-549-262, or visit the club's website at: <http://groups.yahoo.com/group/lfpfc>

**Family and Teen Talent contest:** The Community Center will host a talent contest Oct. 15. Contestants can enter in one of 15 categories: parent and child team; husband and wife team; children (ages 3-5); children (ages 6-8); preteen solo (ages 9-12); preteen group (ages 9-12); teen solo (ages 13-15); teen group (ages 13-15); teen solo (ages 16-18); teen group (ages 16-18); and family.

For more information, call the Community Center at 2-6143 or Lajes Youth Program at 2-1197.

**Mama's Milk and Me:** A group for breastfeeding moms meets Oct. 15 at 10 a.m. at the family support center. This group meets on the third Saturday of each month to offer support or share ideas on nursing. Children welcome.

**Pumpkin Carving Contest:** The base library will host a pumpkin carving contest at 3:30 p.m. Oct. 27. Judging will begin at 4 p.m. Prizes will be awarded in youth and adult categories for scariest, silliest and most creative. Register at the library by Oct. 21.

For more information call Barbara Biljan at 2-3688.

## Education center

**Oklahoma University classes:** The Masters of Human Relations degree program with University of Okla-

homa is a 36 credit hour, non-thesis degree that can be completed within 16-24 months

The next course being offered for the fall is HR 5462-226, "Counseling Skills in Human Relations," an elective course toward a Master's degree in Human Relations degree. The course dates are Dec. 13-18. The last day to add/drop will be Nov. 31. For details call Jaclyn Kemp at 2-3171.

**Central Texas College:** The Legal Assistant/Paralegal program is coming to Lajes. Central Texas College will begin offering the Legal Assistant/Paralegal program in Term 2, beginning with LGLA 1307 Introduction to Law and the Legal Profession. Term 2 registration begins Tuesday and runs through Oct. 21. For more information, please contact Kimberly Henne at 295-576-722/2-6722 or stop by the CTC office in Bldg. T-400.

The CTC office is open Monday through Thursday 8 a.m. to 1 p.m.

**Embry-Riddle Aeronautical University:** Embry-Riddle is holding registration for the next on-site course, SFTY 345, through today. For more information, contact Terra Schellig at 295-573-375.

## Volunteer/jobs

**Services vacancies:** The 65th Services Squadron has a vacancy for a slot attendee. To apply for this position, visit the 65th SVS Human Resources Office in Bldg. T-112. For details, call the HRO staff at 295-572-200 or 2-5200.

## Miscellaneous

**Breast Cancer survivors:** The Women's Health Clinic is looking for breast cancer survivors who would like to share their story of survival at a Breast Cancer Awareness Month luncheon in October. If interested, please contact Maj. Jill O'Rear at 2-3239 or 295-573-239

**African American Heritage:** The African American Heritage Committee will meet at noon every

third Thursday of the month at the Sun and Sand Hut. For details, call Master Sgt. James Keiler at 2-6844 or Staff Sgt. Cheick Bah at 2-3606.

**Youth flag football:** Signups for flag football will be available through Oct. 21. Flag football assessments will be 6 p.m. Oct. 24. Coaches are needed. There will be a coaches meeting 6:30 p.m. Oct. 26. Parent meetings will be Oct. 27., at 6 p.m. for ages 5-6, 6:30 p.m. for ages 7-8, 7 p.m. for ages 9-11 and 7:30 p.m. for ages 12 and above.

Signup is available at the Lajes Youth Program. For more information, call 2-1197.

## School Information

**College night:** A college night is scheduled 6 to 8 p.m. Thursday in the family support center classroom for high school students and their parents. For details, call 2-4228.

**School Advisory Committee:** Lajes American Schools first School Advisory Committee meeting will be held 3 p.m. Wednesday in the Elementary School Media Center.

**Dolphin Build-It Festival:** The Build-It Festival will be held 9 a.m. to 2:30 p.m. Oct. 14 in the Elementary School Gymnasium. There will be a showcase of projects for review from Lajes students. The Build-It Festival is a school-wide event of creative challenges for kids to think as a scientist scientifically. Guest speakers from the military community will be discussing electricity, energy and weather.

## Chapel

**October Chapel events:** For more information about the following events, call the chapel at 2-4211.

**Protestant Women of the Chapel:** Fellowship time is 7 p.m. Monday at the chapel.

**Catholic Women of the Chapel Mass and Dinner:** Mass and dinner is 6 p.m. Wednesday at the chapel.

**Men's Spiritual Lead-**

**ership Training/Breakfast:** 8 a.m. Oct. 15 at the chapel.

**Catholic Men of the Chapel Mass and Dinner:** mass and dinner is 6 p.m. Oct. 19 at the chapel.

**New Creation Café:** 7 p.m. Oct. 21 at Eddies Place.

**Children and Youth Movie Night:** 7 p.m. Oct. 21 at the chapel.

**Little Flowers Girls' Club:** 3 p.m. Oct. 24 at T-1415B.

**SUM Dinner:** This months single and unaccompanied member dinner is 5:30 p.m. Oct. 27 at the chapel. The 65th Operations Support Squadron is this month's sponsor.

**Harvest Fest:** An alternative celebration for Halloween will be 5:30 p.m. Oct. 29 at the chapel.

## Classifieds

*Submit ads via e-mail to [news@lajes.af.mil](mailto:news@lajes.af.mil). Ads are due by 5 p.m. Friday. Please remember to notify the Crossroads when items have been sold.*

For sale: Men's Mountain Bike - like new, used only a handful of times. Trying to reduce my pack-out inventory. \$75. Call Chris - 295-549-303.

2000 Jeep Grand Cherokee Laredo, Champagne, auto, PCSing must sell. Great family vehicle and in exc. cond. New CD player, power locks, windows, and steering!! 50K miles, brand new brakes/rotors, and nearly new tires!! Asking \$10,000, will negotiate. Call Justin or Amanda at 295-549-660 or e-mail [mandecurtis@yahoo.com](mailto:mandecurtis@yahoo.com).

For Sale: Complete Mess Dress for about a 6 foot male. Separating, once used, immaculate condition. Best Offer. Call 965-356-789

For Sale: 1991 Chevrolet 4X4 Blazer. \$2,500 OBO. Inspection good until June. Call 295-542-042 if interested.

Supercalifragilisticexpialidocious Nanny Available! Don't pass this one up, she cleans, does laundry and speaks great English! Trustworthy nanny whose family has just PCS'd and needs a new family to take care of. Call Tania at 965598061. For references call (210) 771-6305.

Wanted: to trade or buy, Game Cube or X-Box games. Esp. looking for Digimon Rumble Arena 2. Call Natalia at 965-480-769.

2003 Kawasaki KLR 650cc dual sport motorcycle with > 3000 miles asking 4,000 dollars call for more information 962-074-157 any time.

Free Kitten: Found living in my car's engine compartment. Female, approximately 2 months old. She will have all shots and vaccinations. Comes with kennel, food bowls, and scratching post. Call Steven Mountz at 295-515-400 or e-mail [kilvian@yahoo.com](mailto:kilvian@yahoo.com)





# FIRE PREVENTION WEEK

## Week kicks off with parade, carnival

By Staff Sgt. Christin Michaud  
65th ABW Public Affairs

The Lajes Field fire department will kick off Fire Prevention Week with a parade 10:30 a.m. Sunday and will conclude Oct. 15 with a barbecue.

The parade will start by the Elementary school, through the housing area, Beira Mar, back on base through Air Base No. Four housing and ending at the fire department, said Jorge Estrela, assistant chief of fire prevention.

Following the parade, the department will host a carnival at the fire station, from noon to 6 p.m. There will be a shuttle from the commissary parking lot to the fire station.

"There will be food, games for little kids, games for big kids, live music, and the Miss Flame Contest," said Staff Sgt. James Mullis II. "The headlining band will be Velvet Stone," he said. "They are a local band that placed second in this year's Angra Rock Fest."

The National Fire Protection Association created Fire Prevention Week to include Oct. 9, because this date commemorates one of the most tragic events in fire history, the Great Chicago Fire of 1871.

The fire started Oct. 8, and continued into the next day. The cause of the fire, according to the legend is that the fire broke out after a cow kicked over an oil lamp setting the barn, then the whole city on fire. When the fire was extin-

guished, more than 250 people died, 100,000 were homeless, more than 2,000 acres had been burned and more than 17,400 structures had been destroyed.

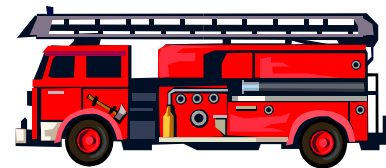
Two of the theme's for this year's fire prevention week are "Use Candles with Care," and "Test Your Smoke Detector."

"Candle safety is very important, to prevent fires and deaths," said Sr. Estrela. "A survey was conducted and candles were the major cause of house fires. During a power outage people have a tendency to light up a candle in most cases in different rooms, power comes back up they blow out the closest candle and forget the others."

### Fire Safety Tips

#### Use candles with care

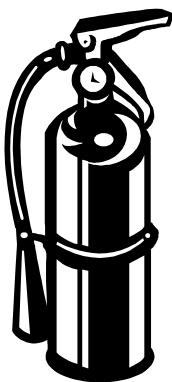
- ☞ When you go out, blow out!
- ☞ Use candles only where permitted.
- ☞ Keep candles away from combustible materials.
- ☞ Make sure candles are placed on a sturdy holder of non-combustible material.
- ☞ Keep candles and all open flame away from flammable materials.
- ☞ Never leave an unattended candle burning.
- ☞ Make the bedrooms a "no candle zone" for all household members.
- ☞ Use a flashlight, not a candle, for emergency lighting.
- ☞ Keep candles, lighters and matches locked away from children.
- ☞ When going to bed, make sure all



candles are extinguished.

#### Smoke detectors

- ☞ Test smoke alarms once a month
  - ☞ Install at least one smoke detector on every level of the home and outside each sleeping area
  - ☞ Mount smoke alarms on ceilings or high walls
  - ☞ Replace batteries twice a year or as soon as the device "chirps" indicating the battery is low
  - ☞ Replace detectors every 10 years
  - ☞ Never disable smoke alarms, even temporarily! If the unit continues to be a nuisance, occupants should try relocating it farther from kitchen, or replace the alarm with one that has a pause, silencer or hush button
  - ☞ Never paint smoke alarms
  - ☞ Regularly vacuum or dust the visible parts of smoke alarms according to manufacturer's instructions
- Develop a Home Fire Escape Plan
- ☞ A plan will ensure that everybody in the household is ready to evacuate in the event of a fire.
  - ☞ Make sure that everyone can clearly hear and recognize the sound of all smoke alarms and knows exactly what to do when it sounds.
  - ☞ Parents should carefully explain the plan to their children and ensure that they are very familiar with the directions.
- (Information courtesy of the NFPA)*



## Cooking safely can prevent kitchen fires

By Lt. Col. John Roden  
65th ABW Safety Office

Nearly two thirds of all domestic fires happen because of cooking. That's an awful lot of fires. The kitchen is the single most dangerous place in your home. A recent incident in base housing where an unattended pot melted to the stove could have easily gotten out of control.

Time and again it's the same problems that cause fires in kitchens. If you know what those problems are, the chances you'll have a fire in your kitchen are hugely reduced.

The most important point about cooking is to avoid being distracted. Most kitchen fires occur when people leave things unattended.

If you're called away from the stove - by the phone, say, or by someone at the door - take pans off the heat. It's the easiest thing in the world to forget about them.

Here are some helpful cooking tips

- 1) Don't let yourself be distracted while cooking.
- 2) Don't cook when using alcohol or prescription drugs.
- 3) Turn saucepan handles so they don't stick out or aren't over another burner.
- 4) Keep the oven door shut.
- 5) Don't put oven mits or towels on the stove.
- 6) Always clean the grill pan after using it.

### Dealing with a kitchen fire

The first rule is get out if you're not sure you can handle the fire. If it's spread from its starting point then it's almost certainly already too big.

Turn off the heat if it's safe to do so - but never lean over the pan to the controls.

Never throw water over it.

Run a cloth under the faucet, wring it out carefully, and cover the flaming pan.

Don't use a fire extinguisher on a pan filled with oil. Take care when cooking with hot oil and think about using thermostatically controlled deep fat fryers.

Leave the pan to cool completely.